

# INTEGRATIVE CANCER CARE



*A Whole-Person Approach to Cancer support*



# Table of Contents

Introduction	<b>1</b>
Understanding the Terrain: The Biology of Cancer	<b>2</b>
Core Principles of Integrative Oncology	<b>6</b>
Nutrition & Cancer	<b>8</b>
Targeted Supplementation	<b>15</b>
Immune System Modulation	<b>20</b>
Mind-Body Medicine	<b>24</b>
Detoxification & Environmental Medicine	<b>29</b>



# Table of Contents

Integrative Cancer Therapies in Practice	<b>38</b>
Lifestyle as Medicine	<b>47</b>
Clinical Resources and Testing	<b>56</b>
Conclusion & Hope	<b>64</b>



# Disclaimer

*This information is for educational purposes only. Progressive Medical Center practitioners are not oncologists and do not practice oncology. Our focus is on functional and integrative medicine—supporting immune recovery, nutrition, lifestyle, exercise, detoxification, and overall quality of life.*

***\*\*Seek Treatment of Cancer from qualified Oncologist***

# Introduction – Why Integrative Cancer Care Matters

Cancer remains a leading global health challenge, with approximately 2 million new cases and nearly 610,000 deaths projected this year in the United States alone.<sup>1</sup> While conventional treatments—surgery, chemotherapy, radiation, targeted drugs—save lives every day, patients often face difficult side-effects, recurrence fears, and unanswered questions about nutrition, immunity, and quality of life.

**Integrative oncology** bridges that gap by combining the best of evidence-based conventional medicine with complementary, lifestyle, and functional approaches. The goal is personalized, whole-body healing that:

- Maximizes tumor control and survival
- Minimizes treatment toxicity
- Fortifies the immune system
- Supports emotional and spiritual wellbeing

Throughout this eBook you'll gain a deeper understanding of cancer biology, review cutting-edge integrative therapies, and learn practical strategies you can implement—wherever you are on the cancer journey.



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**Rethink My Health**

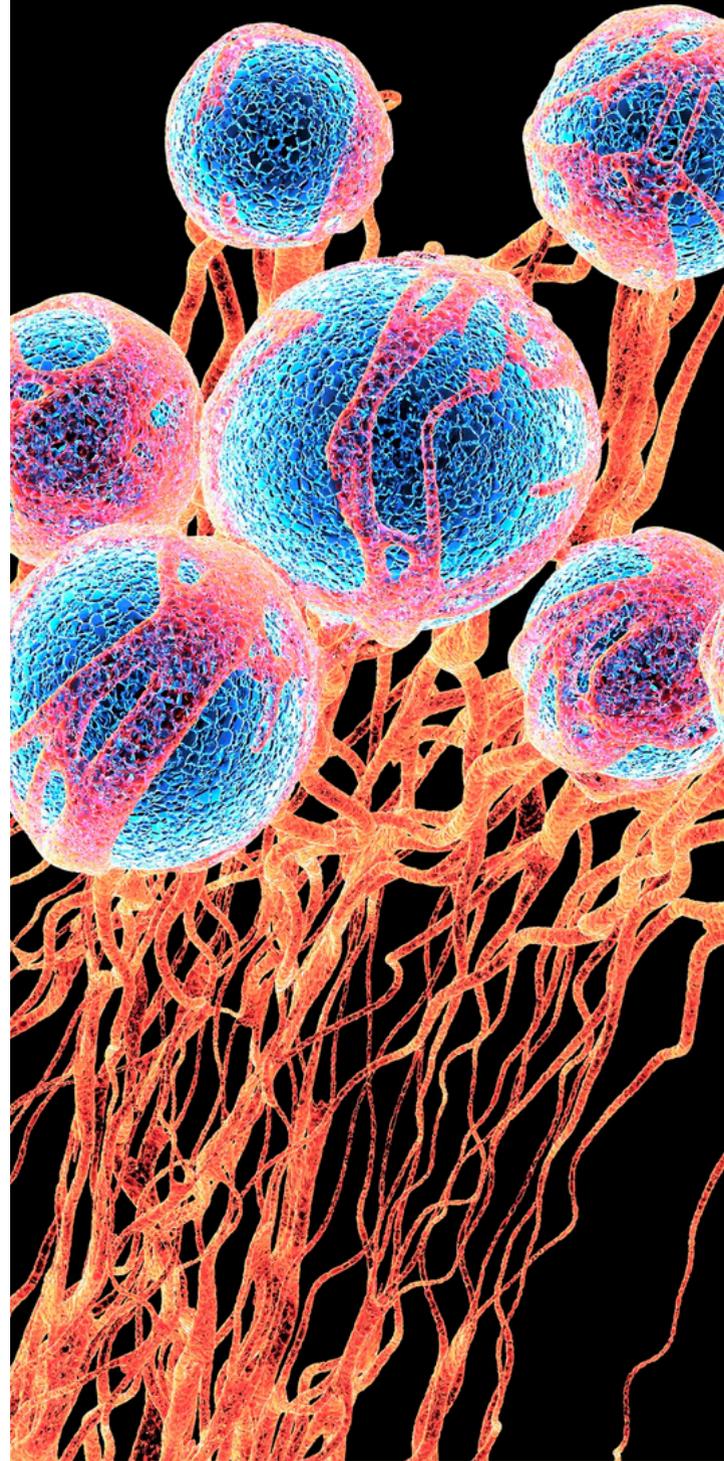


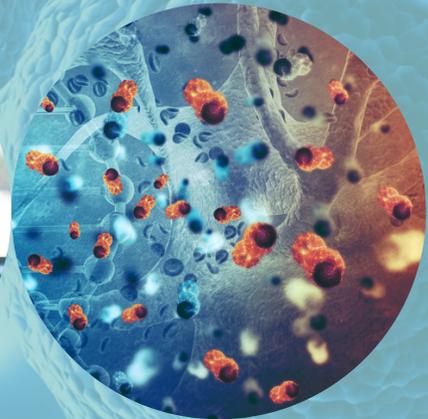
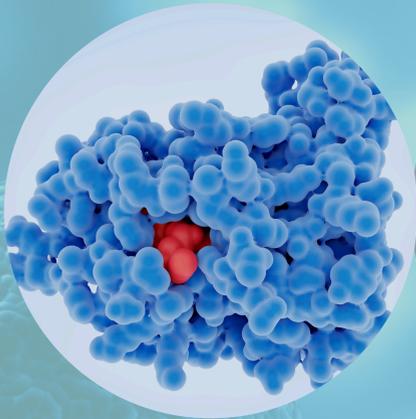


# Understanding the Terrain: The Biology of Cancer

Healthy cells follow an internal rulebook that dictates when to grow, divide, or self-destruct. Cancer arises when genetic mutations and epigenetic changes break those rules, creating cells that:

- Evade growth suppressors
- Resist cell death (apoptosis)
- Sustain proliferative signaling
- Induce angiogenesis (new blood supply)
- Invade tissues and metastasize





Cancer does not exist in isolation; it hijacks surrounding blood vessels, immune cells, fibroblasts, and extracellular matrix to create a pro-tumor ecosystem. Hypoxia (low oxygen), acidity, and inflammatory cytokines within the TME can foster drug resistance—making it a critical target for therapy.



## Tumor Microenvironment (TME)



An effective anti-cancer immune response relies on dendritic cells presenting tumor antigens to T-cells, robust natural-killer (NK) cell activity, and balanced cytokine signaling. Chronic inflammation, however—driven by infection, obesity, or environmental toxins—can suppress surveillance, enabling tumors to thrive.



Up to **25 % of cancers worldwide** are linked to chronic infections and inflammatory conditions, underscoring the inflammation-oncology connection.<sup>2</sup>



## Immune System & Inflammation



# Core Principles of Integrative Oncology



## Patient-Centered Care

Every plan begins with individual goals, values, and biology.



## Evidence-Informed Treatments

Therapies are selected based on peer-reviewed data, clinical experience, and patient safety.



## Synergy Over Substitution

Integrative clinicians coordinate with oncologists, using complementary modalities to enhance (not replace) chemotherapy, radiation, and targeted agents.



## Systems Thinking

Recognizing that nutrition, detoxification, stress, sleep, and community directly influence gene expression and immune competency.





# Nutrition & Cancer

*There's no such thing as a one-size-fits-all approach to healing—especially when it comes to cancer. Every individual has a unique biology, history, and set of needs. When you change your diet, you change your life—because food isn't just fuel, it's information that shapes how your body heals*

*"The doctor of the future will no longer treat human frame with drugs, but rather will cure and prevent disease with nutrition"*

***-Thomas Edison***



# Anti-Inflammatory Diets

Diets centered on organic, plant-based foods rich in antioxidants and healthy fats help lower systemic inflammation—a major contributor to cancer growth and progression.

## These diets emphasize:

- Leafy greens and cruciferous vegetables
- Berries, garlic, turmeric, and ginger
- Omega-3-rich foods like wild-caught salmon, flaxseed, and walnuts
- Ancient grains and legumes (as appropriate)
- Fermented foods





## The Keto Diet

**The Ketogenic (Keto) Diet** is a high-fat, low-carbohydrate dietary approach that shifts the body into ketosis, where it uses fat for fuel instead of glucose. This can be especially beneficial in oncology, as many cancer cells rely heavily on glucose for energy.

### Potential benefits of keto in cancer support:

- **Starving tumor cells:** Lowering glucose may reduce the fuel source for some types of cancer.
- **Reducing insulin and IGF-1:** These hormones can drive tumor growth when elevated.
- **Enhancing treatment outcomes:** Some studies suggest keto may improve the effectiveness of chemotherapy and radiation.

This approach is not appropriate for every patient, and should be medically supervised, especially during active treatment. Functional medicine providers use lab markers like fasting glucose, insulin, ketone levels, and body composition to personalize dietary strategies.





# Key Nutrients That Matter

- **Vitamin D:** Crucial for immune regulation and may reduce cancer risk when optimized.
- **Omega-3 Fatty Acids:** Help modulate inflammation and support cell membrane health.
- **Cruciferous Vegetables:** Support liver detoxification and hormone balance via compounds like sulforaphane.
- **Fiber & Phytochemicals:** Help maintain gut health and bind excess estrogens and toxins for elimination.



# Detoxification Support Through Diet

Nutrition plays a powerful role in helping the body eliminate carcinogens and metabolic waste.

## Detox-supportive foods include:

- Broccoli sprouts, arugula, cauliflower (for Phase I & II liver detox pathways)
- Lemon, parsley, beets, and dandelion root (to support bile flow and kidney function)
- Adequate protein and hydration (for elimination and glutathione production)





# Intermittent Fasting

## Harnessing the Body's Natural Healing Rhythms

Fasting is emerging as a powerful tool in integrative oncology, not only for its metabolic benefits but also for enhancing treatment response and protecting healthy cells during therapy. By strategically reducing caloric intake, fasting creates a temporary stress response that activates the body's repair systems and alters cancer cell behavior.

## Intermittent Fasting (IF)

Involves cycling between periods of eating and fasting (e.g., 16:8 or 18:6), allowing the body time to lower insulin, reduce inflammation, and trigger cellular repair processes.

### Benefits of IF in cancer care:

- Reduces insulin and blood glucose—fuel sources for many cancers
- Supports healthy weight and metabolic balance
- Enhances autophagy, a cellular “clean-up” process
- May increase treatment tolerance and reduce side effects





# Intermittent Fasting

## Prolonged Fasting Before Chemotherapy

Research led by Dr. Valter Longo, PhD suggests that fasting for 48–72 hours prior to chemotherapy may:

- Protect healthy cells by shifting them into a low-growth, stress-resistant state
- Increase cancer cell vulnerability to chemotherapy
- Reduce treatment-related fatigue, nausea, and immune suppression
- Improve long-term outcomes in both animal and early human studies

This “differential stress resistance” effect is one reason fasting is being explored as a non-toxic adjunct to conventional therapies.

**Note:** *Prolonged fasting should always be supervised by a qualified healthcare provider, especially during active treatment. Modified fasting-mimicking diets (FMDs) are also being studied as a safer alternative for some patients.*





# Targeted Supplementation

AGENT	HOW IT HELPS	WHAT THE RESEARCH SAYS	WHAT TO KNOW
CURCUMIN	Fights inflammation and may slow tumor growth	Over 100 clinical studies show anti-cancer and anti-inflammatory effects	Choose a high-absorption form (like liposomal or Meriva®)
GREEN TEA	Protects cells from damage and may slow cancer cell growth	Linked to reduced risk in breast and prostate cancers	Avoid high doses if on certain chemo drugs
MEDICINAL MUSHROOMS	Boost the immune system and help the body fight cancer	Used in Japan with chemotherapy to improve survival rates	Safe for most people; best used under practitioner guidance
BROCCOLI SEED EXTRACT (SULFORPHANE)	Provides sulforaphane, a compound that supports detoxification, reduces inflammation, and protects cells from oxidative stress.	Shown to activate cancer-protective pathways and aid in the elimination of carcinogens.	Potency depends on quality; choose standardized extracts for consistent sulforaphane levels.
VITAMIN D	Supports immune regulation, bone health, and cancer prevention.	Low levels linked to higher cancer risk and worse outcomes.	Test levels regularly; supplement under medical guidance.



# IV Therapies

## High-Dose Vitamin C

**High-Dose Vitamin C** (no corn derived)– Generates hydrogen peroxide selectively toxic to tumor cells; typical 25–100 g infusions, G6PD screen required.

## Curcumin

Delivers potent anti-inflammatory and antioxidant support that may inhibit tumor growth

## Poly MVA

A mitochondria-targeting formula that supports cellular energy, immune modulation, and oxidative balance, often used in cancer support protocols.

## Ozone (Major Autohemotherapy)

(no corn derived) Oxygenates the blood, boosts immune activity, and supports detoxification with antimicrobial and anti-inflammatory benefits.



## IV Therapies

### Atemenisin

Derived from sweet wormwood, this compound may selectively target abnormal cells and support immune surveillance with minimal toxicity.

### Oxalacetate

Supports mitochondrial function and metabolic balance, helping to create an environment less favorable for cancer cell survival.

### Photodynamic

Uses light-activated compounds to promote oxidative stress in harmful cells while enhancing circulation and immune response.

### UBI

Exposes a small amount of the patient's blood to UV light before reinfusion, helping to modulate the immune system, reduce infections, and improve oxygen utilization.

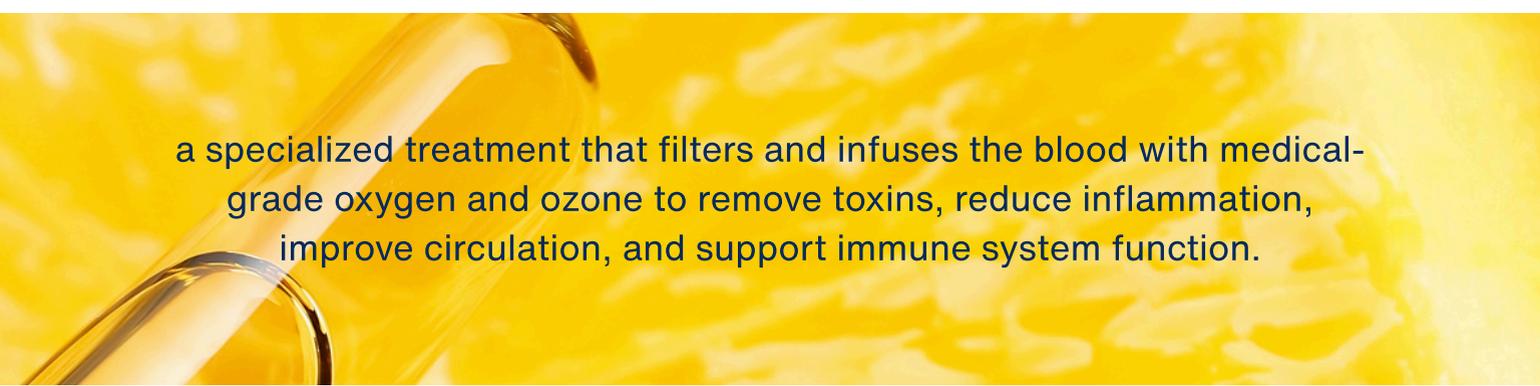


## IV Therapies

### Ten Pass Ozone

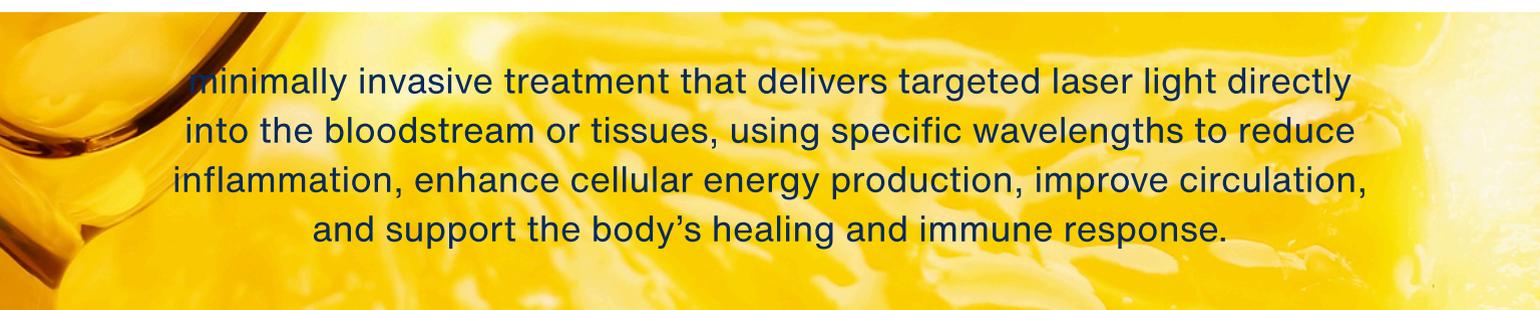
advanced form of ozone treatment where medical-grade ozone is infused into the blood in ten consecutive “passes,” delivering high concentrations of ozone to enhance oxygen utilization, reduce inflammation, and support immune function.

### EBOO (Extracorporeal Blood Oxygenation and Ozonation)



a specialized treatment that filters and infuses the blood with medical-grade oxygen and ozone to remove toxins, reduce inflammation, improve circulation, and support immune system function.

### Weberneedle Endolaser



minimally invasive treatment that delivers targeted laser light directly into the bloodstream or tissues, using specific wavelengths to reduce inflammation, enhance cellular energy production, improve circulation, and support the body’s healing and immune response.



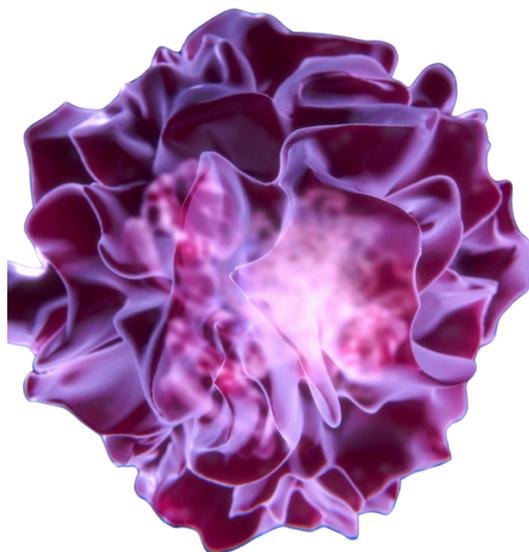
# Immune System Modulation





# Cellular Therapies: Dendritic Cell

**Dendritic cell (DC) vaccines** are a personalized immunotherapy designed to help your immune system recognize and attack cancer. Using your own blood, immune cells are collected, converted into dendritic cells in a lab, and exposed to tumor antigens. Once reintroduced into your body, these cells "train" your T-cells to seek out and destroy cancer cells.

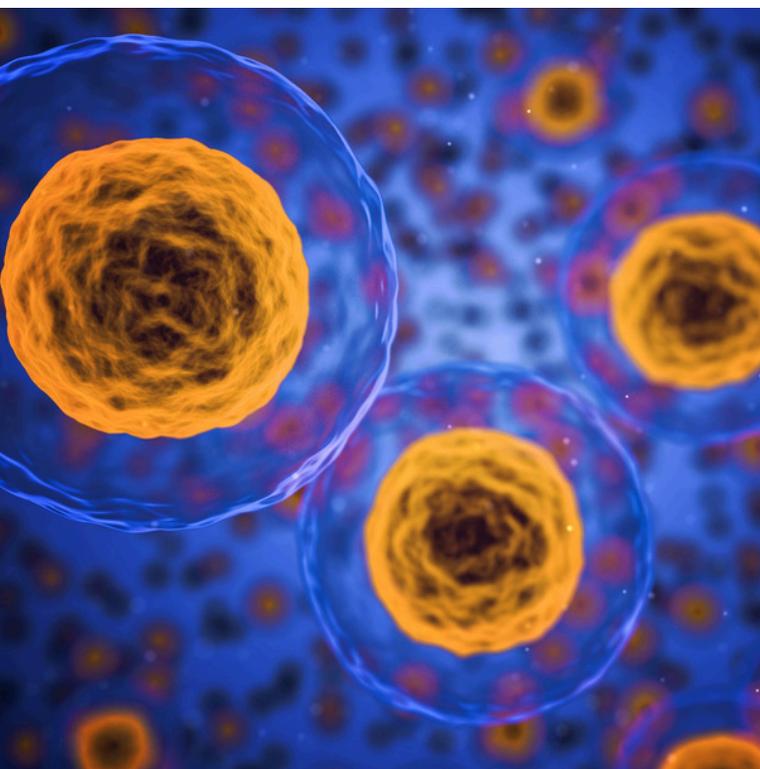


DC vaccines have shown promise in cancers like prostate, glioblastoma, and melanoma. The FDA-approved therapy Provenge® is a DC vaccine for advanced prostate cancer. Typically administered in a series of three, they are well tolerated with mild side effects like low-grade fever or soreness. While access and cost can be barriers, many patients find this therapy helpful when used alongside conventional treatment or in early remission to prevent recurrence.



# Cellular Therapies: Natural Killer (NK)

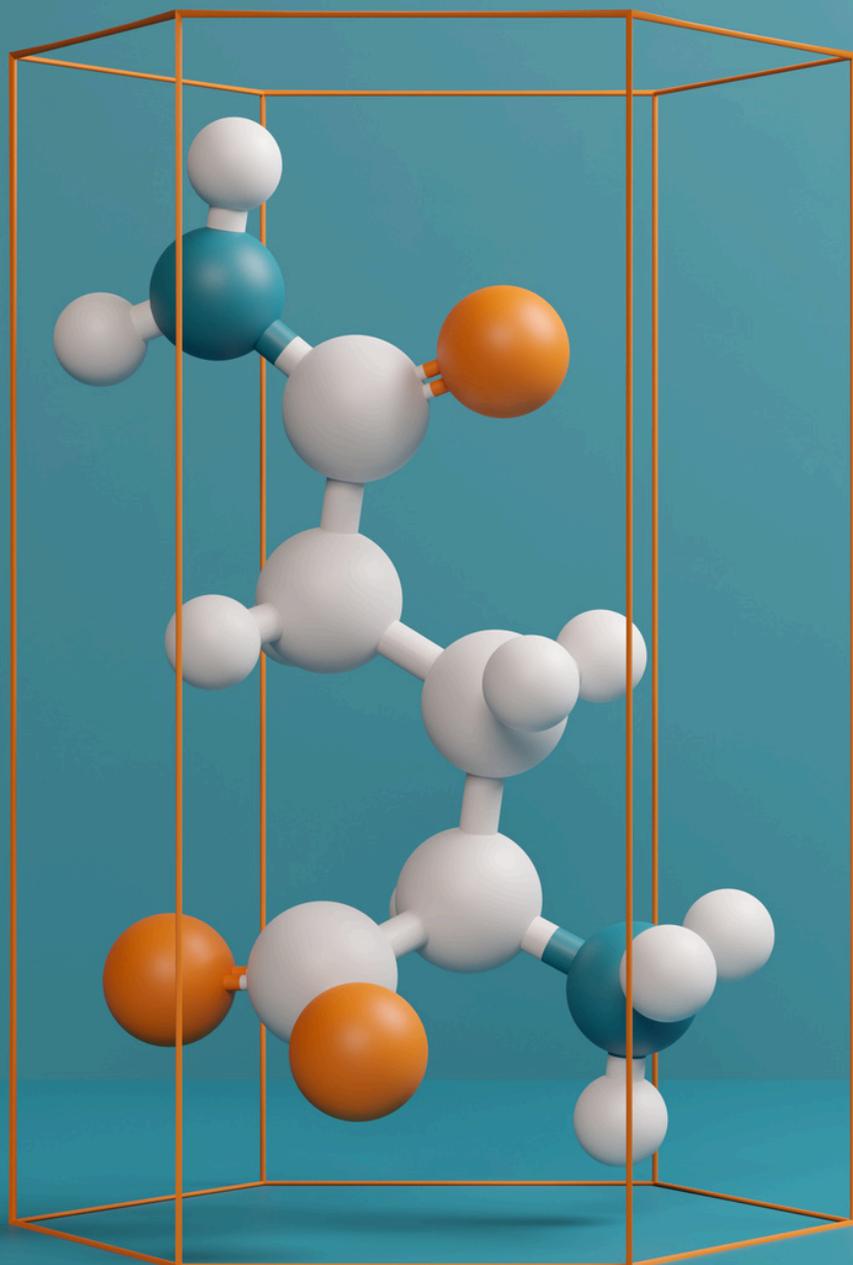
**Natural killer (NK) cells** are part of your innate immune system, capable of detecting and destroying abnormal cells—like cancer—without needing prior training. In NK cell therapy, these cells are harvested from your blood or a donor, expanded and activated in a lab, then infused back into your body to enhance your immune response.



NK therapy is being studied for blood cancers and solid tumors, with early trials showing promise. Some versions—like CAR-NK therapy—engineer NK cells for even more precision, with fewer side effects than similar T-cell therapies. Side effects are generally mild, and the risk of immune complications is low. NK cell therapy is often used when the tumor burden is low or in combination with other immune-boosting strategies to help prevent recurrence or improve outcomes.



# Checkpoint Balancing



## **Integrative Adjuncts:**

Beta-glucans, low-dose naltrexone (LDN) modulate T-reg/NK balance.

## **PD-1/PD-L1:**

Nutrients like glutamine, histone deacetylase inhibitors (HDACi from sulforaphane) may enhance checkpoint blockade.



# Mind-Body Medicine





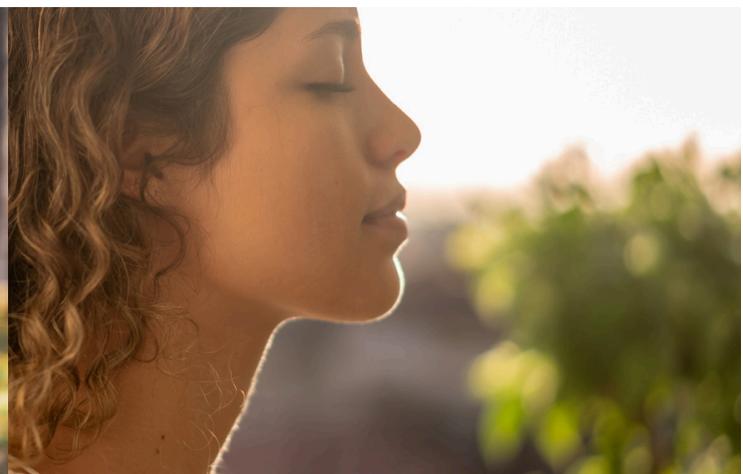
# Meditation: Calming the Nervous System & Enhancing Resilience

**Meditation** is one of the most researched and accessible mind-body tools available. Regular meditation activates the parasympathetic nervous system—the “rest and repair” mode—reducing stress hormones like cortisol and adrenaline that can suppress immune function.

## Benefits of daily meditation include:

- Lower anxiety and emotional distress
- Improved focus, sleep, and pain tolerance
- Reduced inflammation and increased immune markers like NK cell activity
- Enhanced sense of control and emotional grounding during treatment

Even 10–20 minutes per day can make a meaningful difference. Practices like mindfulness meditation, guided imagery, or loving-kindness meditation are especially helpful for patients navigating fear, uncertainty, or pain.





# Prayer: A Source of Peace and Resilience

**Prayer**—whether spoken, silent, or communal—can provide a deep sense of peace, strength, and connection during the cancer journey. Studies show that patients who engage in regular spiritual practices often report greater emotional resilience, lower levels of anxiety, and improved treatment tolerance. Prayer can be a source of comfort, hope, and renewed purpose—even in the most difficult moments.

## Benefits of prayer include:

- Promotes emotional peace and reduces anxiety
- Increases hope, resilience, and spiritual strength
- Enhances coping during treatment and recovery
- Provides a sense of connection and purpose
- May improve overall quality of life and well-being

*“A cheerful heart is good medicine but a crushed spirit dries the bones”*  
*-Proverbs 17:22*





# Biofeedback: Training the Body to Self-Regulate

**Biofeedback** is a technique that teaches you to control physiological responses—such as heart rate, breathing, muscle tension, and even body temperature—by providing real-time feedback using sensors. Over time, this conscious regulation becomes second nature, helping you manage stress more effectively.



## In cancer care, biofeedback can help reduce:

Chronic pain & Tension

Anxiety before procedures

Sleep disturbances

Fatigue and treatment-related side effects

Some advanced programs incorporate **HRV (heart rate variability)** training, which builds resilience by improving your body's adaptability to stress. It's a powerful tool for patients seeking an active, non-drug approach to self-healing.



# Emotional Healing Modalities

**Emotional wellbeing** plays a major role in how we cope with and recover from cancer. Many patients experience grief, fear, anger, or past traumas resurfacing during treatment. Creating space for emotional healing is essential.



**Cancer-Specific Counseling**



**Art, Music, and Expressive Therapies**



**Spiritual Care**



**Narrative Medicine and Journaling**

Some patients also benefit from **EMDR (Eye Movement Desensitization and Reprocessing)** or somatic-based therapies to address trauma stored in the body. Group support programs—whether online or in person—can reduce isolation and foster a sense of shared understanding. Studies show that strong social support and emotional expression may even influence survival in some types of cancer.



# Detoxification & Environmental Medicine





# Common Onco-Toxins

## Common Toxins That Impact Cancer Recovery

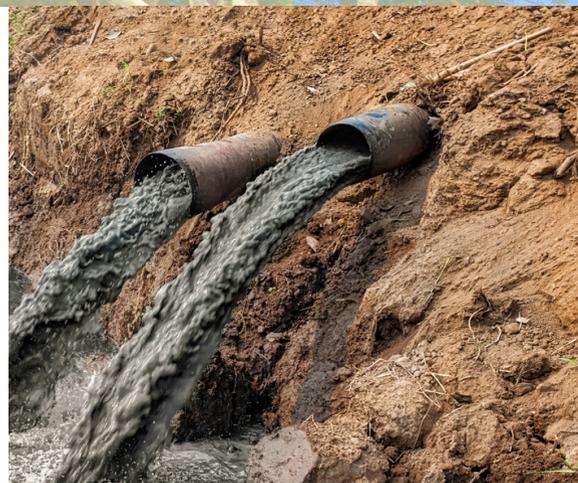
### Heavy Metals

Metals like mercury, lead, arsenic, aluminum, and cadmium can accumulate in tissues and disrupt cellular processes. These toxins have been linked to oxidative stress, hormone imbalances, mitochondrial dysfunction, and even increased cancer risk.

#### Sources include:

- Amalgam dental fillings (mercury)
- Contaminated water (lead, arsenic)
- Certain cosmetics or cookware
- Industrial pollution and cigarette smoke

Testing (via hair, blood, or urine) can help identify burdens. Gentle chelation, diet, and binders may be used to support safe removal.





# Common Onco-Toxins

## Common Toxins That Impact Cancer Recovery

### Mold and Mycotoxins

Mold exposure—especially from water-damaged buildings—can lead to chronic illness and impair the immune system. Toxic compounds released by mold, called mycotoxins, may damage mitochondria, disrupt detoxification pathways, and trigger chronic inflammation, all of which can compromise the body's ability to heal from cancer.

Signs of mold toxicity may include fatigue, brain fog, sinus issues, sensitivity to smells, or skin rashes.

#### Supportive strategies include:

- Removing the source of mold (home inspection and remediation)
- Binders like activated charcoal and bentonite clay
- Glutathione to enhance cellular detoxification





# Common Onco-Toxins

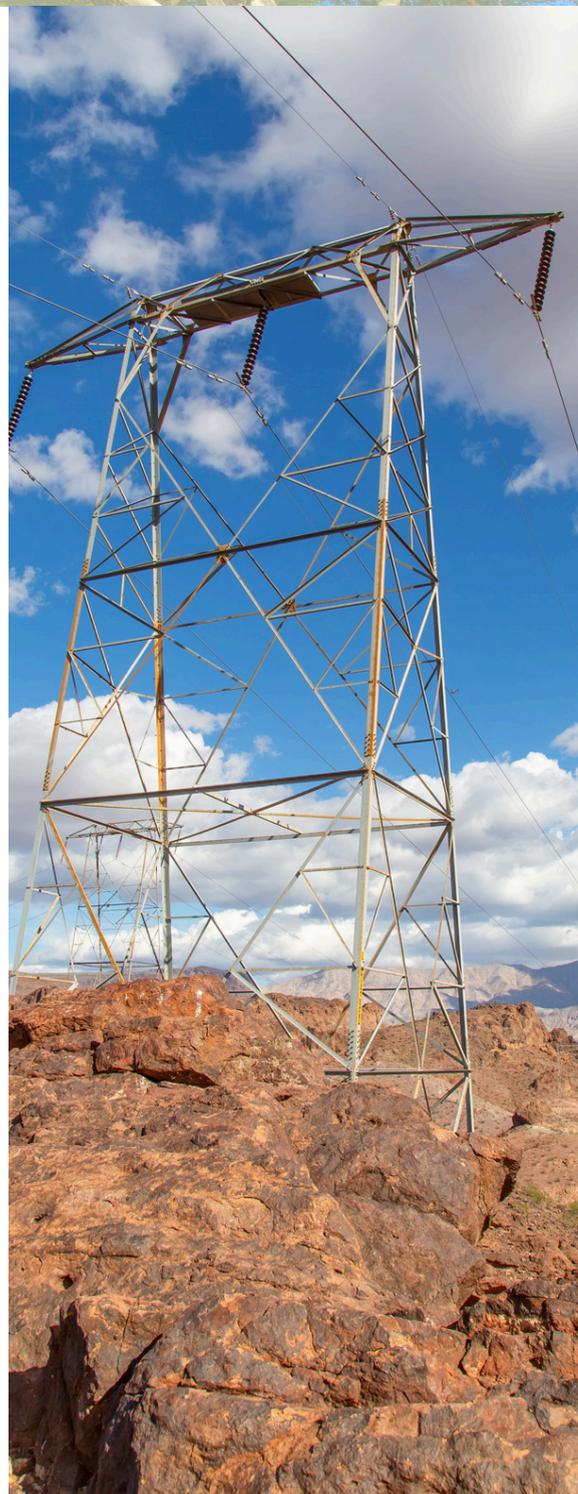
## Common Toxins That Impact Cancer Recovery

### EMFS (Electromagnetic Fields)

Constant exposure to EMFs from phones, Wi-Fi, smart meters, and other wireless devices may contribute to oxidative stress and circadian rhythm disruption. While the research on EMFs and cancer is still evolving, many integrative providers recommend reducing unnecessary exposure, particularly for sensitive individuals.

#### Simple ways to reduce EMF exposure:

- Turn off Wi-Fi at night
- Use wired headphones instead of Bluetooth
- Keep phones on airplane mode when not in use
- Avoid keeping devices near the body (especially during sleep)





# Detox Support

## Tools for Detox Support

### Infrared Sauna Therapy

Sauna use—especially infrared sauna—is a powerful way to encourage sweating, which aids in the removal of heavy metals, pesticides, plastics, and other toxins.

#### Benefits of regular sauna sessions include:

- Improved circulation and lymphatic flow
- Support for liver and kidney detox pathways
- Reduction in muscle tension and treatment-related fatigue
- Promotion of relaxation and parasympathetic (healing) state

Typical protocols suggest 3–5 sessions per week, 30–40 minutes at 120–140°F, with proper hydration and mineral replacement (electrolytes) afterward.



# Detox Support

## Tools for Detox Support

### Ozone Sauna Therapy

Ozone sauna therapy pairs gentle heat with medical-grade ozone to open pores and deliver oxygen-rich ozone directly through the skin, supporting detoxification at the cellular level.

Benefits of regular ozone sauna sessions include:

- Removal of toxins, pathogens, and heavy metals
- Improved immune function and circulation
- Reduced inflammation, joint, and muscle pain
- Enhanced cellular oxygen use and energy production

Typical protocols are 2–3 sessions per week, 20–30 minutes at 100–120°F, followed by hydration and antioxidant support (such as vitamin C or glutathione) to aid recovery.



# Detox Support

## Tools for Detox Support

### Lymphatic Drainage

Your lymphatic system helps remove cellular waste and immune debris—but unlike the circulatory system, it has no central pump. Supporting lymph flow is essential for moving toxins out of tissues.

#### Ways to support lymphatic drainage:

- Dry brushing before showers (gentle strokes toward the heart)
- Rebounding (jumping on a mini trampoline)
- Manual lymphatic drainage massage
- Hydration + light movement (walking, stretching)

Lymphatic congestion can show up as swelling, fatigue, or skin breakouts—so stimulating flow helps both detoxification and energy.



# Detox Support

## Tools for Detox Support

### Homeopathic Remedy

Homeopathic remedies use highly diluted natural substances to gently stimulate the body's detox and self-healing mechanisms. During cancer care, they can help reduce toxic burden, support organ function, and ease discomfort from treatments.

#### Key homeopathic remedies for detox support:

- **Nux Vomica and Lycopodium** – Support liver and gut detox, especially when dealing with bloating, gas, or irritability.
- **Sulphur and Hepar Sulphuris** – Promote elimination through the skin and liver; helpful for inflammation and toxin buildup.
- **Berberis Vulgaris and Thuja Occidentalis** – Aid kidney and lymphatic drainage, and assist in clearing medication residues.



# Detox Support

## Tools for Detox Support

### Binders: Escorting Toxins Out of the Body

Binders are compounds that attach to toxins in the gut and help remove them through the stool. They are especially useful during detox protocols, mold recovery, or after chemotherapy to mop up excess waste.

#### Common binders include:

- **Activated charcoal** – binds a wide range of chemicals and mycotoxins
- **Bentonite clay** – binds heavy metals and positively charged toxins
- **Chlorella** – binds metals and supports glutathione production
- **Zeolite** – volcanic mineral with strong toxin-binding capabilities

These should be taken away from food, medications, and supplements to avoid unwanted absorption.



# Integrative Cancer Therapies in Practice





# What an Integrative Protocol Looks Like

Each element is tailored to the individual's lab markers, tumor type, symptoms, and personal preferences. The focus is on supporting healing, quality of life, immune resilience, and long-term prevention.

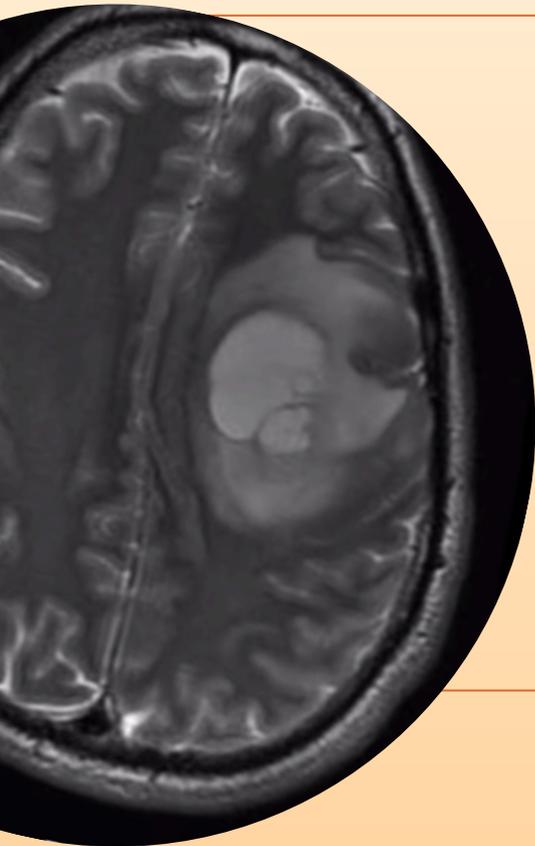
Phase	Conventional	Integrative Support
<b>Diagnosis</b>	Mammogram, biopsy, bloodwork	Emotional support, anti-inflammatory nutrition, functional testing
<b>Pre-Surgery</b>	Lumpectomy planning	Strength training, mistletoe therapy to prime immune system, acupuncture for anxiety
<b>Post-Surgery</b>	Recovery	IV Vitamin C, scar therapy, lymphatic massage, gentle detox
<b>Radiation</b>	3–6 weeks localized treatment	Curcumin, black cumin seed oil, topical aloe and calendula, guided meditation for fatigue
<b>Hormonal Therapy</b>	5+ years	Liver support (milk thistle), diet rich in cruciferous vegetables, microbiome balance
<b>Survivorship</b>	Active monitoring	Intermittent fasting, sauna, purpose coaching, group therapy



# Case Studies: Integrative in Action

## Case 1 – Dr. Pete Sulack

In November 2024, Dr. Pete Sulack was diagnosed with a Grade 4 Diffuse Astrocytoma—a highly aggressive, terminal brain tumor—with less than a 1% chance of survival and an estimated eight months to live. Refusing to accept this prognosis, he underwent surgery, declined chemotherapy and radiation, and became a patient at Progressive Medical Center.



### Integrative Plan Highlights:

- High-dose Vitamin C, Curcumin, ozone sauna, infrared sauna treatments
- Ketogenic diet
- Targeted supplements: omega-3s, antioxidants, and mitochondrial support
- Hyperbaric oxygen therapy and lymphatic massage to improve oxygenation and detox
- Dendritic cell vaccines
- Organic coffee enemas
- Prayer & Faith

### Outcome:

Four months after diagnosis, Dr. Sulack achieved full remission—surpassing a prognosis that gave him just months to live. He experienced marked improvements in energy, cognitive clarity, and emotional resilience. His case continues to stand as a powerful testament to the impact of integrative protocols





# Case Studies: Integrative in Action

## Case 2 – Linda Roundtree

Linda was diagnosed with a PNET immature teratoma. She is number 66 to date with this rare diagnosis. Linda had Chemotherapy as part of her regimen. She attributes her recovery to utilizing integrative treatments to enhance her quality of life and immune recovery



### Integrative Plan Highlights:

- IV
- Prayer, Faith, & Emotional Support
- High-dose Vitamin C.
- Hyperbaric Oxygen Chamber
- Infrared sauna
- PEMF Ozone treatments.
- Nutritional supplements & Consulting sessions
- Specialty Testing to individualize her treatments

### Outcome:

After implementing several integrative therapies, her oncologist stated that she was a miracle! She is now cancer-free and comes into Progressive Medical Center for maintenance!





# Collaborative Care in Action

True integrative oncology requires collaboration, not competition, between conventional and functional providers. At its best, care is delivered through a team model that respects each provider's role and unites around a shared goal: the well-being of the patient.

Who may be involved in your integrative care team?

- **Medical oncologist:** Oversees standard treatment (chemo, radiation, etc.)
- **Functional medicine provider:** Manages root-cause and terrain-based strategies
- **Nutritionist:** Tailors anti-cancer diets and supplement protocols
- **Mental health counselor or coach:** Supports emotional and mental resilience
- **Bodywork therapist or acupuncturist:** Manages pain, detox, and energy flow
- **Pastor or chaplain:** Offers existential support and guidance
- **Qualified Health Coach:** specializes in cancer

These professionals may work under one roof (in clinics like Progressive Medical Center), or they may collaborate across different practices, sharing notes and respecting the patient's integrative goals.

**Shared decision-making, communication, and customization** are at the heart of successful integrative models.





# Pulsed Electromagnetic Field (PEMF) Therapy

**Pulsed Electromagnetic Field (PEMF) therapy** delivers low-frequency electromagnetic waves that interact with tissues at the cellular level. In cancer care, it's being studied for its ability to modulate tumor biology, enhance circulation, and support immune function.

Research suggests certain PEMF frequencies can disrupt cancer cell growth, alter membrane potential, and trigger apoptosis (programmed cell death) in malignant cells—while sparing healthy ones. By improving microcirculation and oxygen delivery, PEMF may create a less favorable tumor environment and help the body respond better to treatment.

Beyond potential tumor-targeting effects, PEMF may reduce inflammation, ease pain, and promote tissue repair—supporting recovery from surgery, radiation, or chemotherapy. Sessions are non-invasive, painless, and typically last 20–60 minutes, making them easy to incorporate into an integrative cancer plan.

Potential benefits in cancer care include:

- Slowing tumor growth through altered cell signaling
- Improving oxygen and nutrient flow to tissues
- Reducing inflammation and treatment-related discomfort
- Enhancing immune system resilience and repair

While more large-scale human trials are needed, early evidence supports PEMF as a safe, adjunctive therapy that can complement conventional and integrative cancer treatments.





# Hydrogen Inhalation & Hydrogen-Rich Water

**Molecular hydrogen (H<sub>2</sub>)** is a potent, selective antioxidant that can be delivered to the body through inhalation or by drinking hydrogen-rich water. In cancer care, it's being researched for its ability to reduce oxidative stress, protect healthy cells during treatment, and improve quality of life.

Unlike conventional antioxidants, hydrogen selectively targets the most harmful free radicals—such as hydroxyl radicals—without interfering with beneficial reactive oxygen species needed for normal cellular signaling. This makes it particularly valuable during chemotherapy or radiation, where healthy tissues need protection but cancer cells must remain vulnerable to treatment.

Studies have shown hydrogen therapy can help reduce fatigue, improve appetite, and protect organ function in patients undergoing cancer therapy. It may also help decrease treatment-related side effects like nausea, skin irritation, and inflammation, allowing patients to better tolerate their care plan.

Potential benefits in cancer care include:

- Reducing harmful oxidative stress without hindering treatment effects
- Protecting healthy tissues during chemotherapy and radiation
- Supporting mitochondrial function and energy production
- Improving hydration and overall cellular resilience

Hydrogen therapy is non-invasive, safe, and easy to integrate—through inhalation sessions lasting 30–60 minutes or daily consumption of hydrogen-rich water. While more clinical research is needed, early evidence suggests it may be a valuable adjunct for protecting the body and improving well-being throughout cancer treatment.





# Insulin Potentiation Therapy (IPT)

## What is IPT?

**Insulin Potentiation Therapy** uses low doses of chemotherapy alongside insulin to make cancer cells more receptive to treatment. Since cancer cells have more insulin receptors, they absorb chemotherapy drugs more efficiently, allowing for lower doses and potentially fewer side effects.

## Potential Benefits:

- Targets cancer cells more selectively
- Reduces chemotherapy toxicity and side effects
- Helps preserve immune function and quality of life
- Integrates well with other supportive therapies

## What to Know:

IPT is administered by trained physicians with careful blood sugar monitoring. While research is limited, it is used as a complementary approach within integrative cancer care, alongside nutrition, immune support, and lifestyle strategies.





# What This Means for You

If you've ever wondered how to combine the best of both worlds—modern medicine and holistic healing—this is it. Integrative cancer care isn't an “alternative.” It's a smarter, more personalized, and more compassionate way to approach cancer treatment.

## It asks:

- How can we support your body during chemo, not just endure it?
- How can we reduce recurrence risk by optimizing your terrain?
- How can we help you heal—not just physically, but emotionally and spiritually?

These are the questions integrative oncology is built to answer.





# Lifestyle as Medicine





# Lifestyle



## Small Daily Habits That Make a Big Difference



In cancer care, lifestyle is often the missing piece—but it can be one of the most powerful. Your daily habits, environment, and relationships all influence how your body heals, how resilient your immune system is, and even how your genes express themselves.



Lifestyle medicine focuses on using evidence-based, non-invasive strategies to reduce disease risk, enhance recovery, and improve quality of life. Movement, rest, connection, and meaning aren't just supportive—they're therapeutic.



**Just 30 minutes of walking a day can lower cancer recurrence risk and boost survival. Movement is medicine!**



# Exercise: Moving Your Body to Heal Your Body

***Exercise isn't just about fitness—it's medicine.*** It helps regulate blood sugar, reduce inflammation, improve immune function, and support hormone balance. For cancer patients and survivors, physical activity can reduce treatment-related fatigue, lower recurrence risk, and enhance overall wellbeing.



## Key benefits of regular movement include:

- Improved circulation and lymphatic flow
- Enhanced detoxification and oxygen delivery
- Increased natural killer (NK) cell activity
- Better mood and reduced anxiety or depression
- Preservation of muscle mass and bone density

## Recommendations:

- 150 minutes of moderate-intensity aerobic activity per week (like brisk walking, cycling)
- 2–3 sessions of resistance training weekly to prevent sarcopenia (muscle loss)
- Daily stretching, yoga, or tai chi to support flexibility, mobility, and relaxation



# Hyperbaric Oxygen Treatment: Oxygenating the Body to Enhance Healing and Resilience

**Hyperbaric Oxygen Therapy** involves breathing 100% medical-grade oxygen inside a pressurized chamber. This process increases the amount of oxygen dissolved in the blood plasma, allowing it to reach tissues and cells at levels far higher than possible under normal atmospheric conditions.

## Why Oxygen Matters in Cancer Care

Cancer often develops and thrives in low-oxygen (hypoxic) environments, which can impair healing and reduce the effectiveness of certain treatments. By dramatically increasing oxygen availability, HBOT supports the body's terrain in key ways:

- Stimulates mitochondrial function and boosts cellular energy (ATP)
- Enhances immune cell activity, including NK cells and macrophages
- Reduces inflammation and promotes wound healing
- Improves circulation and tissue oxygenation
- Supports recovery from surgery, radiation, and other therapies

## How HBOT Fits into Integrative Cancer Therapy

HBOT is frequently paired with IV nutrient therapy, ozone therapy, and detoxification protocols. The increased oxygen delivery not only helps starve cancer cells of their preferred low-oxygen environment but also optimizes immune and metabolic function, making the body more resilient during treatment.

Typical sessions last 60–90 minutes at 1.5–2.5 ATA (atmospheres of pressure) and are customized based on the patient's health status and goals. A series of treatments—often several per week—is usually recommended for optimal results.



# EWOT: Oxygenating the Body to Enhance Healing and Resilience

**EWOT, or Exercise With Oxygen Therapy**, involves breathing high-concentration oxygen while performing light exercise—typically on a stationary bike or treadmill. This technique combines movement with enhanced oxygen intake to increase oxygen delivery to tissues and improve cellular metabolism.

## Why Oxygen Matters in Cancer Care

- Cancer cells tend to thrive in low-oxygen (hypoxic) environments, which can also make them more resistant to treatment. Increasing oxygenation supports the body's terrain in several key ways:
- Improves mitochondrial function and energy (ATP) production
- Enhances immune cell efficiency, especially natural killer (NK) and T-cells
- Helps regulate inflammation and oxidative stress
- Promotes healthy circulation and tissue repair
- Reduces the fatigue and deconditioning common in cancer recovery

## How EWOT Fits into Integrative Cancer Therapy

- EWOT is often used alongside IV therapies, hyperbaric oxygen therapy, and detox protocols. Because it increases oxygen delivery and circulation in real-time, it can amplify the effects of treatments by helping nutrients, antioxidants, and immune cells reach deeper tissues more effectively.
- By improving oxygen availability and metabolic efficiency, EWOT creates an internal environment that's less favorable for cancer—and more supportive of healing.
- Sessions are typically brief (10–15 minutes) and are tailored to the patient's fitness and recovery level. Always consult with your care team to determine the right intensity and frequency for your plan.



# Sleep and Circadian Rhythm: Your Body's Built-In Repair System

Sleep is when your body goes into deep repair. Poor sleep disrupts hormone balance, raises cortisol, and weakens immunity—making it harder to recover from cancer or prevent recurrence.

Equally important is your **circadian rhythm**—your body's internal clock that governs sleep-wake cycles, hormone release, digestion, and immune activity.

## How to optimize sleep and circadian health:

- Stick to a regular sleep schedule, even on weekends
- Expose yourself to morning sunlight (ideally within 30–60 minutes of waking)
- Avoid screens and artificial light at least 1–2 hours before bed
- Keep your bedroom cool, dark, and quiet
- Avoid heavy meals and caffeine in the evening





# Community and Purpose: Medicine for the Soul

Healing isn't just physical—it's also emotional and social. Studies consistently show that strong social connections and a sense of meaning or purpose significantly improve outcomes in chronic illness, including cancer.

- People with strong support networks have lower levels of stress hormones and better immune function
- Loneliness is a risk factor for early mortality, similar to smoking or obesity
- A clear sense of purpose enhances motivation, resilience, and long-term wellbeing



## How to optimize sleep and circadian health:

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# Lessons from the Blue Zones

**The Blue Zones** are five regions around the world known for their high concentration of people living to 100 and beyond, with low rates of chronic disease—including cancer. These areas include Okinawa (Japan), Sardinia (Italy), Ikaria (Greece), Nicoya (Costa Rica), and Loma Linda (California).

What do these communities have in common?

- Natural daily movement (walking, gardening, housework)
- Plant-forward diets rich in whole foods, herbs, and fiber
- Strong community bonds and multigenerational families
- A sense of purpose (known as ikigai or plan de vida)
- Daily rituals to downshift stress, such as prayer, naps, or social meals

Adopting Blue Zone-inspired habits doesn't require moving across the globe—it starts with simple, intentional changes to how we live.





# You Have More Control Than You Think

Your lifestyle isn't a side note—it's a treatment. Every walk you take, every nourishing meal you prepare, every moment of rest you allow yourself—it all matters.

Even when the big things feel out of your control, these daily choices are powerful reminders that you have agency in your healing.





# Clinical Resources and Testing

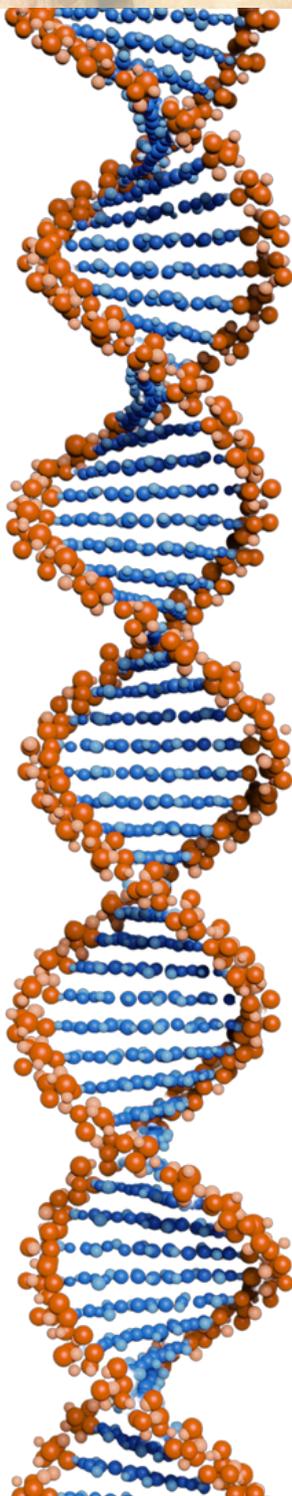


## Personalized Data to Guide Healing and Prevention

One of the foundations of integrative cancer care is testing, not guessing. Functional and specialty lab tests allow providers to go beyond standard diagnostics to assess the body's deeper imbalances—whether related to inflammation, detox capacity, genetics, or gut health. These insights help create personalized treatment and prevention plans that are tailored to your biology, not just your diagnosis.



# Nutrigenomics: Your Genes, Your Nutrition



**Nutrigenomics** is the study of how your genes interact with nutrients, toxins, and lifestyle factors. Through simple cheek swab or saliva tests, we can uncover genetic variations (called SNPs or polymorphisms) that influence how your body:

- Detoxifies chemicals and medications
- Processes hormones like estrogen and testosterone
- Regulates inflammation and immune activity
- Converts food into energy
- Uses key nutrients like folate, B12, and omega-3s

## Common genes tested include:

- **MTHFR** – Impacts methylation and detox pathways
- **COMT** – Influences estrogen metabolism and stress response
- **GST & SOD** – Affect antioxidant defense
- **CYP1B1, CYP3A4** – Linked to hormone metabolism and drug processing



# Microbiome & GI Testing: The Gut-Immune-Cancer Connection

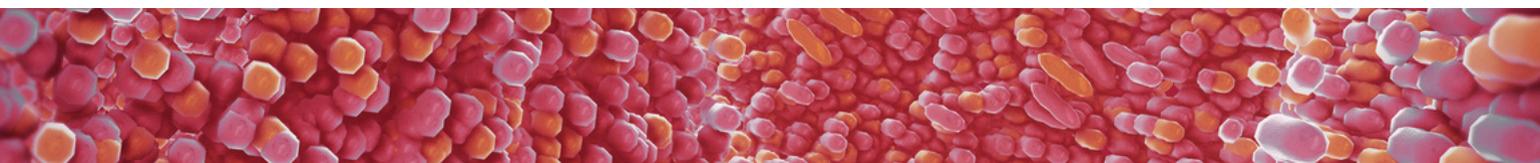
Your gut microbiome—the trillions of bacteria, fungi, and microbes in your digestive system—plays a major role in immune regulation, inflammation, hormone metabolism, and even response to treatment.

When gut health is compromised (due to antibiotics, chemo, stress, or diet), inflammation rises and detoxification falters. That's why GI testing is crucial in functional oncology.

## Common tests include:

- **GI-MAP or Doctors Data stool** – Assess bacterial balance, pathogens, and inflammation markers like calprotectin
- **Zonulin & LPS antibodies** – Evaluate intestinal permeability (“leaky gut”)
- **Short-chain fatty acids (SCFAs)** – Measure gut fermentation and inflammation
- **Beta-glucuronidase** – Linked to estrogen recycling and cancer risk
- **Precision Point Advanced Intestinal Barrier Test** - detect leaky gut and inflammation, which can influence cancer progression and immune function.

**How it helps:** Test results guide protocols for gut repair, immune rebalancing, and microbiome restoration using probiotics, targeted supplements, or elimination diets.





# Repurposed Medications for Cancer

## Targeting Cancer Pathways with Familiar Tools

Repurposed medications are conventional drugs originally designed for non-cancer conditions but found to have anti-cancer effects. These therapies are often low-cost, widely available, and may enhance outcomes when used alongside standard or integrative care—especially when guided by personalized protocols.

## Common Repurposed Medications in Cancer Support:

- **Ivermectin** – Originally an anti-parasitic, shown in studies to inhibit cancer cell growth and disrupt signaling pathways like WNT/ $\beta$ -catenin and mTOR.
- **Mebendazole** – A deworming agent that blocks microtubule formation in cancer cells, potentially limiting tumor growth and metastasis.
- **Metformin** – A diabetes drug that lowers insulin and glucose levels, while also targeting cancer stem cells and mitochondrial metabolism.
- **Aspirin** – An anti-inflammatory that may reduce cancer risk and recurrence by inhibiting COX-2 and lowering systemic inflammation.
- **Statins** – Cholesterol-lowering drugs that may impair cancer cell growth by blocking the mevalonate pathway involved in cell signaling and proliferation.

Always consult with your oncology and integrative care teams before using repurposed drugs, as timing, dosing, and potential interactions must be considered.



# Specialty Lab Resources

These functional tests are typically performed through advanced specialty labs not offered by conventional clinics.

Initial Screen

Adrenal & Oxidative Stress Test

Precision Point Intestinal Barrier Assessment

Comprehensive Stool Analysis

Dietary Antigen Test



# Specialty Lab Resources

These functional tests are typically performed through advanced specialty labs not offered by conventional clinics.

Heavy Metals

Doctors Data

Precision Point Diagnostics

RGCC

*Identifies circulating tumor cells to guide personalized cancer treatment and monitor recurrence risk*

Dietary Antigen Test



# Working With Your Care Team

Interpreting and applying these results requires a team approach.

## Your integrative oncology care team may include:

- **Oncologist** – Oversees cancer diagnosis and standard therapies
- **Functional medicine provider** – Orders and interprets specialty labs, focuses on terrain optimization
- **Nutritionist** – Designs diet and supplement plans based on metabolic and gut data
- **Detox and immune support specialists** – Address toxin clearance and immune balancing
- **Health coach**- Helps guide, direct and motivate you

Sharing results across providers ensures that your care is comprehensive, coordinated, and evidence-informed.



# Conclusion & Hope

## Your Healing Journey Starts Here

Integrative oncology empowers you to take control of your health—combining conventional treatment with personalized support for your body, mind, and environment.

You now have a roadmap: optimize your nutrition, support detox, balance your immune system, and nurture emotional wellbeing.

## Next Steps

- Book a consult with an integrative provider
- Start small—sleep better, eat cleaner, breathe deeper
- Keep learning and stay connected

## Recommended Resources

- ***Rethink My Health***
  - [Functional Approaches to Cancer Therapies](#)
- ***Progressive Medical Center***
  - [Taking the Functional Approach to Cancer](#)
- ***Society for Integrative Oncology***
  - [integrativeonc.org](http://integrativeonc.org)