


The background features a large, light-colored circular graphic on the left side. Inside this circle is a stylized tree with several branches and leaves. The overall color palette is a warm, golden-yellow.

thriving with
**integrated
medicine**
in
cancer care

A to-the-point guide presented by Εύ Ζην



Integrative medicine involves holistic, evidence-based treatments to complement your standard medical care.

It is not a substitute for standard medical care, it is used **with** standard medical care in a **safe** manner to ensure the best quality of life and outcomes for the patient.

Our expertise lies in knowing what is the best complimentary treatment for **your specific tumor type and stage of diagnosis** and how to go about blending your treatments with supportive care in a safe and effective manner. We use studies to support all of our recommendations.



Our goal is to guide you so you can **make lasting changes** in areas of your life that influence your health.



treatments may include:

- ▶ Botanical medicine
- ▶ Nutritional medicine (including dietary and lifestyle changes)
- ▶ Acupuncture
- ▶ Supplements (but not during chemotherapy)

integrative treatments can help with:

- ▶ **Hot flashes** from the medication
- ▶ **Neuropathy**
- ▶ **Joint pain** caused by medication
- ▶ **Sleep quality**
- ▶ **Chemotherapy-related fatigue**, “chemo brain”
- ▶ **Quality of life**
- ▶ **Decrease recurrence** of several types of cancer
- ▶ Improved **survival rates**
- ▶ Improved **muscle function** and **bone structure**
- ▶ **Psychological wellbeing**
- ▶ **Nausea and vomiting**
- ▶ **Weight loss** from hormone-sensitive cancers
- ▶ **Mucositis**



lifestyle

Using the Harvard Medical School Program in Mind Body Medicine, we offer you guided meditations and techniques to decrease anxiety and help you manage stress.

Actively pursue your healthcare! We create a do-able exercise plan for you that you will enjoy.

supplements

We do not recommend taking supplements **during** chemotherapy in order to avoid possible interactions, however; patients who insist on taking something natural, will be guided to things that have been proven safe and have no interactions with what they are taking.

We take great care to ensure that the specific pathways that the drugs and supplements we give do not have interactions. This ensures safety, as well as efficacy.

nutrition

Food is information to your cells. What you eat influences your immune system, your gut, and your mind; in fact, it influences your entire body.

We discuss in detail foods that help maintain:

- ▶ Blood work: RBC, WBC and platelets
- ▶ Foods that help ward off nausea and altered taste
- ▶ Foods that help manage diarrhea and constipation
- ▶ Foods that are easy to digest


We design a nutrition plan:

- ▶ **To maintain a healthy weight:** excess weight is a risk for cancer and cancer recurrence
- ▶ Improve your diet so you **get more energy** out of each and every meal and **speed your recovery** while **minimizing side effects** of treatment (chemotherapy and radiation)
- ▶ You are provided with **detailed menu plans** and grocery lists so you don't have to plan or organize your meals, we do this slowly so you can learn the process of eating well

In addition, we discuss with you:

- ▶ Foods that are harmful and what to avoid
- ▶ Sometimes foods that one thinks are safe, are not, like green tea. It can cause a lot of stomach discomfort and decrease your ability to absorb iron which you need during chemotherapy
- ▶ Patients often come in thinking they have to avoid 'sugar'- we discuss which sugars are good, which ones are bad and how to balance insulin levels
- ▶ Different nutritional protocols are used for different stages of treatment as the requirements differ according to stage of cancer and treatment stage.



A large, light-colored background illustration featuring a stylized tree with many leaves on the right side, and a faint silhouette of a human head and neck on the left side. The entire scene is set against a warm, golden-yellow background with a subtle circular pattern.

εὐ ζην

naturopathic support for a fuller life

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