

The Four Cornerstones of Good Health

Team Survivor Northwest Annual Retreat
January 25-27, 2013

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Today's agenda

- Integrated Medicine Perspective on Cancer
- The Four Cornerstones for Good Health
 - Diet
 - Exercise
 - Sleep
 - Stress Management
- Thriving Beyond Survivorship

Integrated Medicine for Cancer

What is Integrated Medicine for Cancer?

- Science-based holistic approach treats body, mind, spirit
- Use of body's innate healing power
- Use of natural substances to promote healing
- Herbs, nutrition, supplements, physical therapies, natural drugs, counseling, homeopathy and biofeedback
- Pharmaceutical drugs if needed
- Complementary to and supportive of conventional treatment for cancer

What is Integrated Medicine for Cancer?

- Symptom management during treatment
- Nutritional and metabolic support
- Restoration of health post active treatment
- Provide the tools for proactive survivorship
- Focus on prevention

Integrated Medicine Use by Oncology Patients

Up to 83% of cancer patients use CAM nationally (1)

- Women more likely to use than men
- Breast cancer patients more likely to use CAM therapies

70.2% of cancer patients use CAM in western WA (2)

- Nutritional, massage, herbs, spiritual, relaxation, imagery, exercise, lifestyle, diet

(1) Richardson MA, Sanders T, Palmer JL, Greisinger A, et al. Complementary/alternative medicine use in a comprehensive cancer center and the implications for oncology. **Journal of Clinical Oncology** 2000;18(13):2501-2504

(2) Patterson RE, Neuhaus ML et al. Types of Alternative Medicine Used by Patients with Breast, Colon, or Prostate Cancer: Predictors, Motives, and Costs. **Journal of Alternative and Complementary Medicine** 2002;8 (4):477-485.

Integrated Medicine Approach

- During active treatment: emphasize QOL, decrease side effects and disease symptoms, support recovery
- Post active treatment: restore health, manage late effects of treatment, prevent recurrence, reduce risk, emphasize QOL
- Utilize integrated medicine specialists, counselors, nutritionists, physical therapists, fitness trainers, and continue routine screenings and labs
- Turn surviving into THRIVING

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The Four Cornerstones

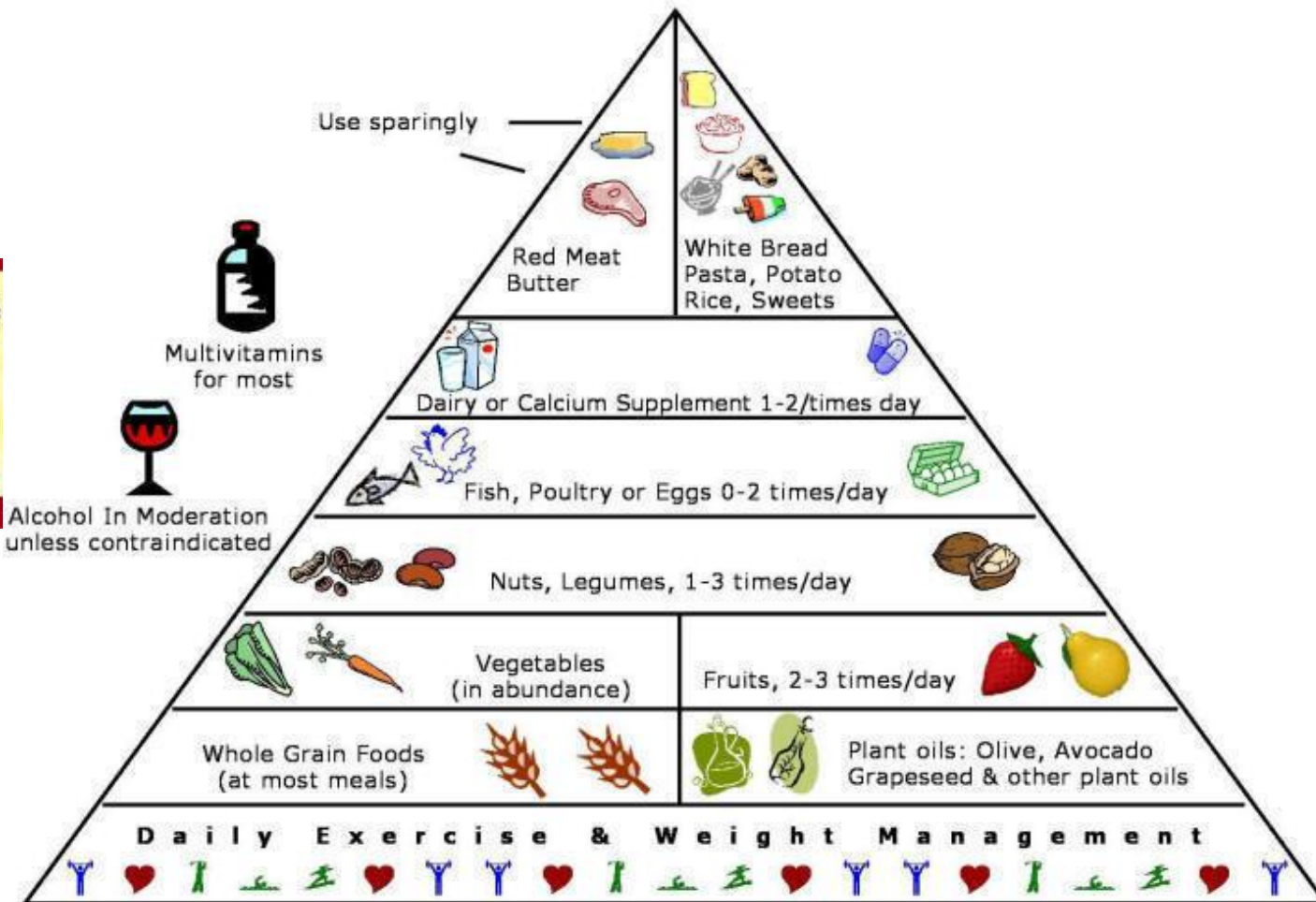
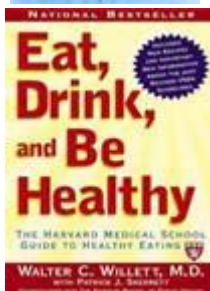
The Four Cornerstones

- Diet
- Exercise
- Sleep
- Stress Management

Diet

- Balanced, whole foods diet
- Top Ten cancer-fighting foods
- Mediterranean/low glycemic index foods
- Greens drinks
- Green tea
- Limit alcohol
- Improve digestion and elimination
- Identify food sensitivities
- Balance hormones, neurotransmitters, blood sugar

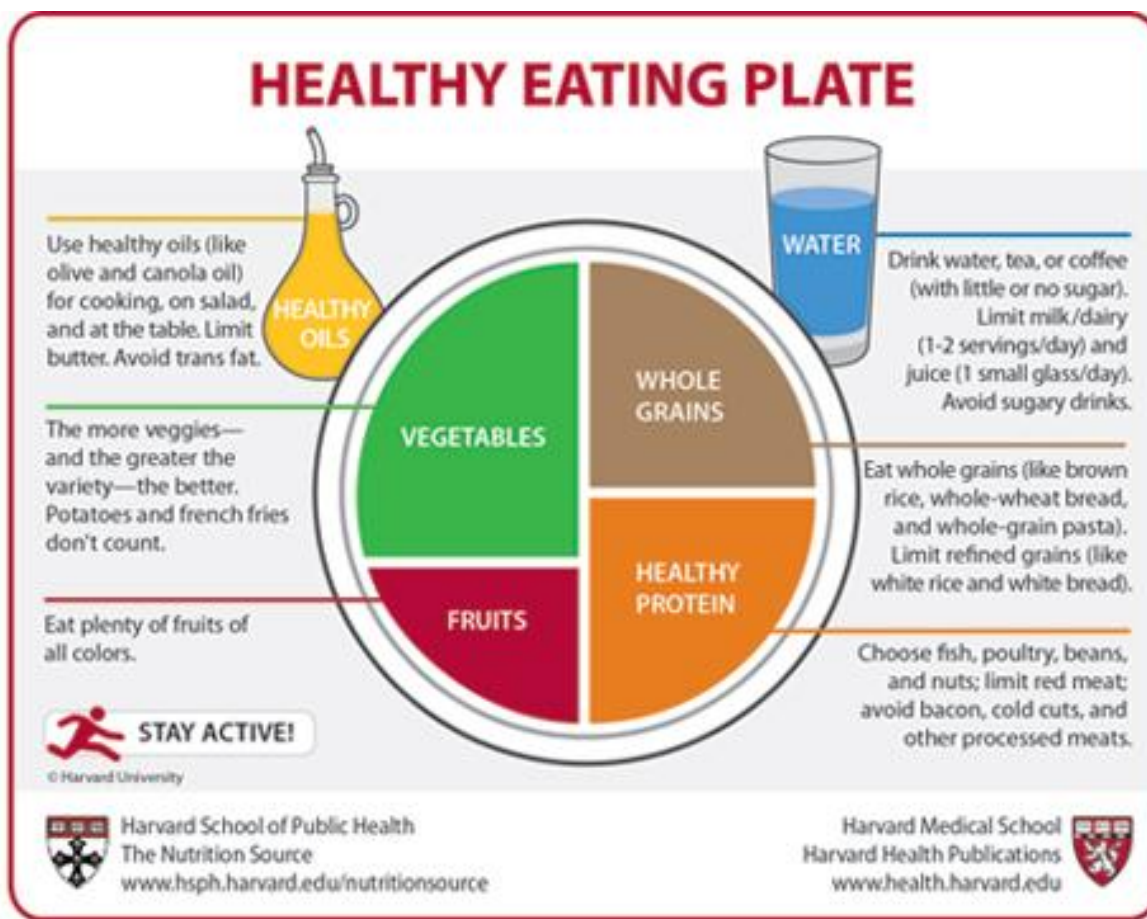
Balanced Whole Foods Diet



Balanced Whole Foods Diet

- WHEN you eat is as important as WHAT you eat
- Blood sugar regulation
- Six small meals daily of carbohydrate and protein
- Never a carbohydrate alone!
- Fruit is deceiving...Glycemic Index
- Organic meat and dairy
- Organic produce for the things that matter—see “The Dirty Dozen” and “The Clean 15”
- “Top Ten Cancer Fighting Foods”
- Eat a rainbow!

Balanced Whole Foods Diet

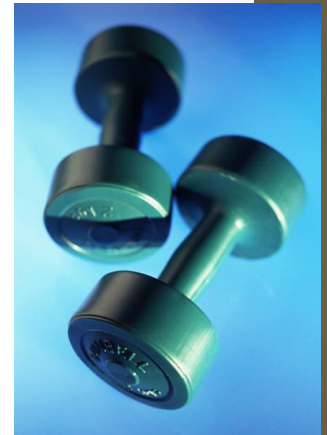


Balanced Whole Foods Diet

- Websites for more information:
 - <http://www.hsph.harvard.edu/nutritionsource/>
 - <http://glutenfreegirl.com/>
 - <http://www.ewg.org/>
 - <http://pccnaturalmarkets.com>
 - <http://wholefoodsmarket.com>
 - Cynthia Lair at <http://cookusinterruptus.com> and <http://cynthialair.com>
 - Tom Malterre at <http://wholelifenuitrition.net>
 - Michael Pollan at <http://michaelpollan.com>
 - “Forks over Knives” at <http://forksoverknives.com>

Exercise

- Daily movement
- Calming, restorative movement like yoga, Tai Chi
- Cardiovascular benefits
- Manage excess weight/abdominal fat
- Helps to regulate hormones and neurotransmitters
- Helps with quality sleep
- Combats chronic health issues
- Feels great!



Exercise

- Weight loss reduces breast ductal fluid estrogens in obese postmenopausal women: a single arm intervention pilot study. Nutr J. 2012 Dec 5;11:102.
- Impact + resistance training improves bone health and body composition in prematurely menopausal breast cancer survivors: a randomized controlled trial. Osteoporos Int. 2012 Sep 21.
- Effect of combination exercise training on metabolic syndrome parameters in postmenopausal women with breast cancer. J Cancer Res Ther. 2012 Apr-Jun;8(2):238-42.
- Reduced-calorie dietary weight loss, exercise, and sex hormones in postmenopausal women: randomized controlled trial. J Clin Onc. 2012 Jul 1;30(19):2314-26.
- Effects of a caloric restriction weight loss diet and exercise on inflammatory biomarkers in overweight/obese postmenopausal women: a randomized controlled trial. Canc Res. 2012 May 1;72(9):2314-26.
- Physical activity reduces breast cancer risk in African American women. Ethn Dis. 2011 Autumn;21(4):406-11.
- A qualitative exploration of the impact of yoga on breast cancer survivors with aromatase inhibitor-associated arthralgias. Explore. 2012 Jan-Feb;8(1):40-7.

Exercise

- The NIH Obesity Education Initiative Expert Panel: caloric deficit of 500–1000 kcal/day + 45 minutes of moderate-intensity physical activity.
- The Institute of Medicine : 1 hour/day of moderately-intense physical activity + caloric deficit.
- US Department of Agriculture: 1 hour of moderate-to-vigorous intensity exercise on most days of the week, without exceeding caloric intake requirements.
- The US Center for Disease Control : at least 30 min/d of moderate-intensity exercise most days of the week while maintaining sensible portion sizes.

Exercise

- American College of Sports Medicine: 150 – 250 min/wk + moderate caloric restriction.
- U.S. Department of Health and Human Services Physical Activity Guidelines Committee: exercise up to 60 min/d.
- Effect of diet and exercise, alone or combined, on weight and body composition in overweight-to-obese post-menopausal women. [Obesity. 2012 August; 20\(8\): 1628–1638.](#)

Exercise

- Moderate intensity exercise is 60-70% of maximum heart rate.
- Moderate to vigorous exercise is 70-85% of maximum heart rate.
- Quick and Dirty way to calculate your maximum heart rate:
 - $220 - \text{age} = \text{MHR}$

Sleep

- Lifestyle: good sleep hygiene, exercise, healthy diet, limit stimulants, stress management!
- Eight hours nightly
- Herbs: valerian, hops, passion flower, kava, skullcap, chamomile, lavender, lemon balm, oats
- Supplements: calcium, magnesium, inositol
- NT/Hormones: melatonin, 5HTP, GABA

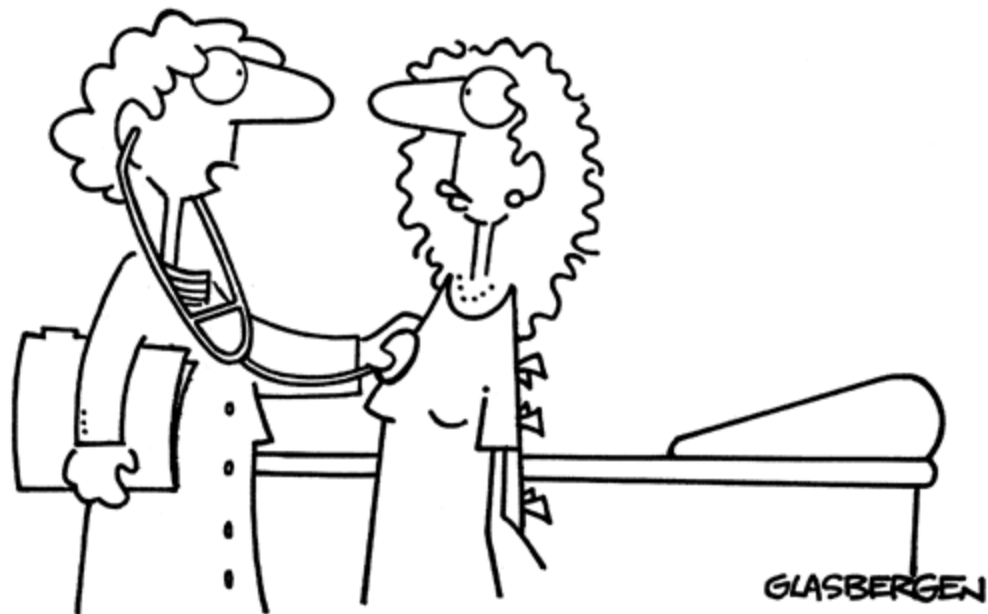


Sleep

- Sleep duration and incidence of colorectal cancer in postmenopausal women. Br J Cancer. 2013 Jan 15;108(1):213-21.
- Effect of mindfulness-based stress reduction on sleep quality: Results of a randomized trial among Danish breast cancer patients. Acta Oncol. 2013 Feb;52(2):336-44.
- Sleep Disturbance and Incidence of Thyroid Cancer in Postmenopausal Women The Women's Health Initiative. Am J Epidemiol. 2013 Jan 1;177(1):42-9.
- Decreased Health-Related Quality of Life in Women With Breast Cancer Is Associated With Poor Sleep. Behav Sleep Med. 2012 Mar 16.

STRESS

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**“Are you under a lot of stress lately or
have you always had six separate heartbeats?”**

What is Stress?

- Physiological stressors
 - Injury, illness
 - Adolescence, pregnancy, post-partum, menopause
 - Environmental pollutants, pesticides, pollen, climate
 - Medications, substances, other chemicals
 - Exercise, dieting, poor nutrition
- Mental/Emotional stressors
 - Relationship/Family issues
 - Financial/Work issues
 - Personal issues
 - Mental illness

What is Stress?

- Stress activates the SNS, reduces influence of the PNS
- Physiological effects
 - Increased heart rate, blood pressure
 - Constricted blood vessels
 - Decreased digestion
 - Enlarged airways
 - Hormone and Neurotransmitter fluctuation
- Mental/Emotional effects
 - Heightened arousal (vigilance) and clarity
 - Depression, irritability
 - Fatigue, insomnia
 - Confusion and memory loss

Normal Stress

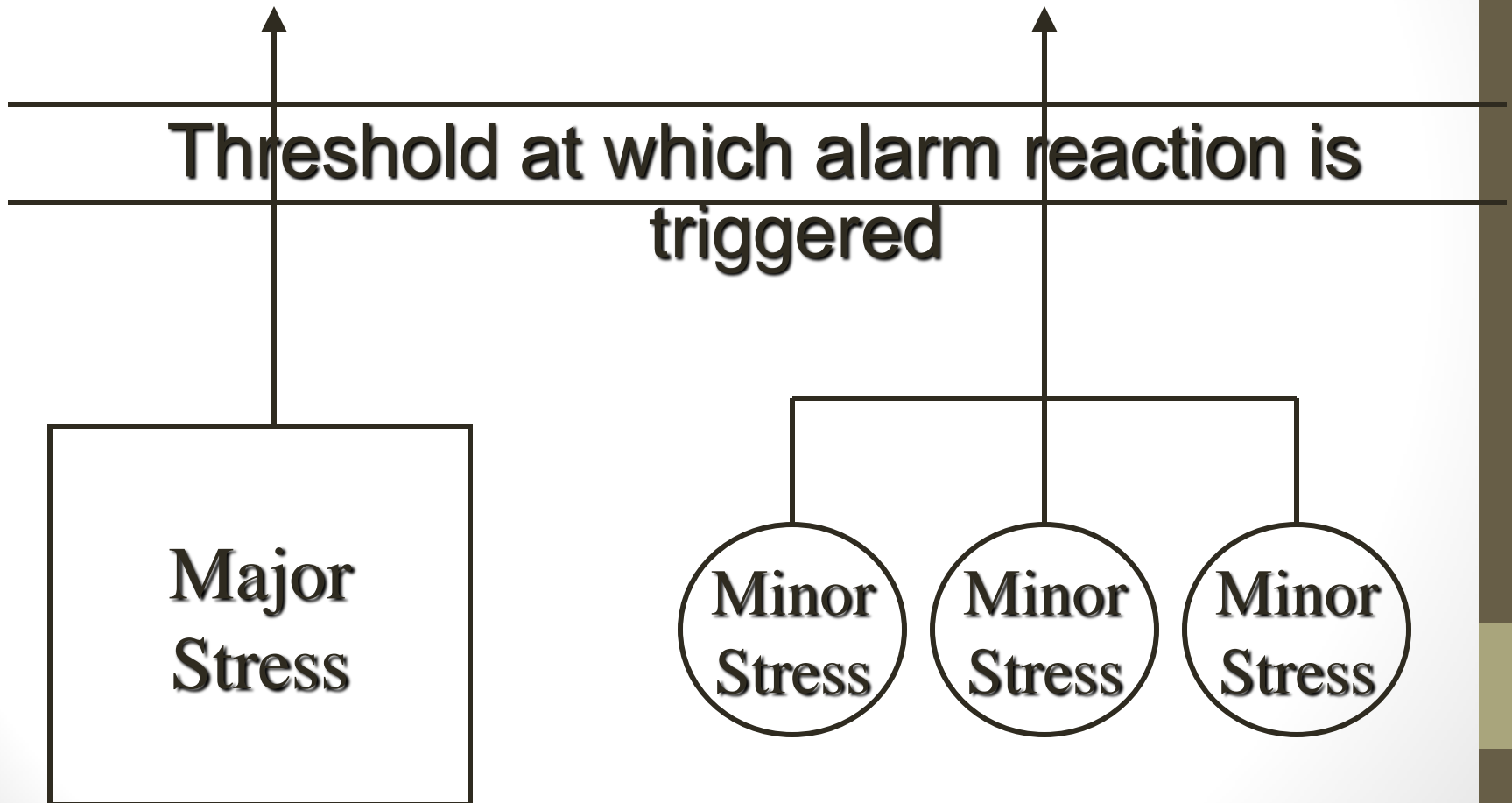
- Healthy response is activation of SNS (fight-or-flight)
- Recovery period with PNS (rest-and-digest) predominance
- Stress + Adequate Recovery = normal life stress

Chronic Stress

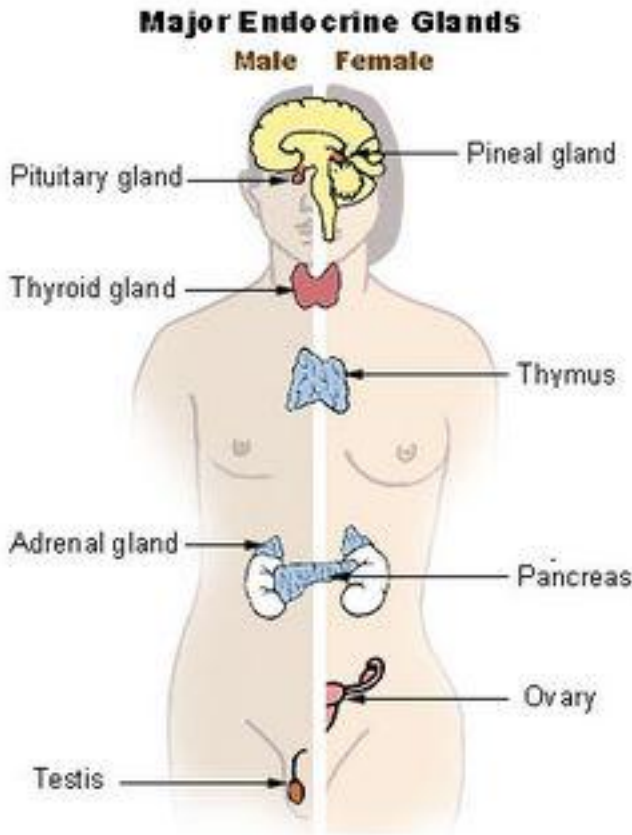
- Long-term stress from unresolved issues elicits unhealthy physiological response, which can lead to mental/emotional adaptation
- Over-activation of SNS without PNS recovery
- Can result from one major stressor (i.e., death in family, moving, etc)
- Combination of minor stressors can produce major alarm reaction

Chronic Stress

Alarm Reaction



Biochemicals



Neurotransmitters

:

- Dopamine
- Acetylcholine
- GABA
- Serotonin

Cytokines:

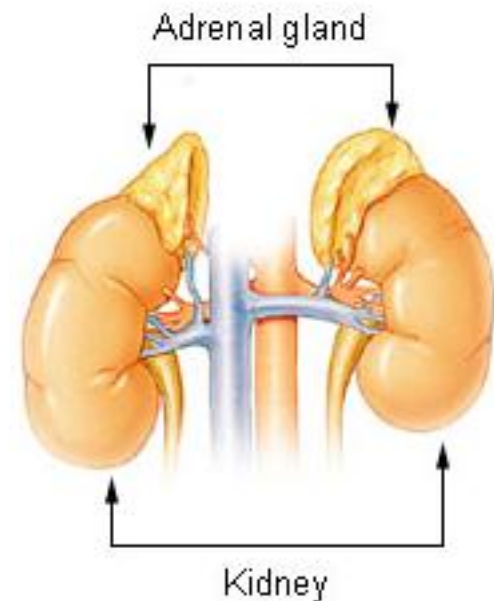
- IL series
- CRP
- TNF-a

Hormones:

- Cortisol
- Insulin
- Thyroid hormone
- Estrogen
- Progesterone
- Testosterone
- DHEA
- Epinephrine

Biochemicals

- Adrenal Glands sit on top of the kidneys
- Produce hormones: aldosterone, catecholamines, cortisol, sex hormones
- Affected by stress



Adrenal Glands: Healthy Stress

- Balanced output of hormones
- Regeneration time of glands and hormone stores in PNS state
- Hormones available to body when needed

Adrenal Glands: Chronic Stress

- Continued stress reduces adrenal output and impairs sensitivity of cell receptors to hormones
- Body adapts to chronic level of stress, and produces less of an alarm reaction when necessary
- Result of chronic stress is body breakdown and degenerative disease
- Other hormones can be affected

Physiological Effects of Chronic Stress

- Disrupts HPA axis, interferes with sleep, creates cycle of pain and fatigue
- Decreases immunity, is anti-growth, anti-reproductive
- Creates hormone and neurotransmitter imbalance, depression, insomnia, insulin resistance, obesity, systemic inflammation, pain, and brain atrophy

Stress and Cancer

- Stress alters biochemical balance of body and mind, which can alter prognosis
- Stress hormones can increase systemic inflammation and insulin balance, which are cancer promoters
- Good stress management techniques can help during diagnosis, treatment, & recovery, and helps with prevention of secondary cancers!

Stress Management

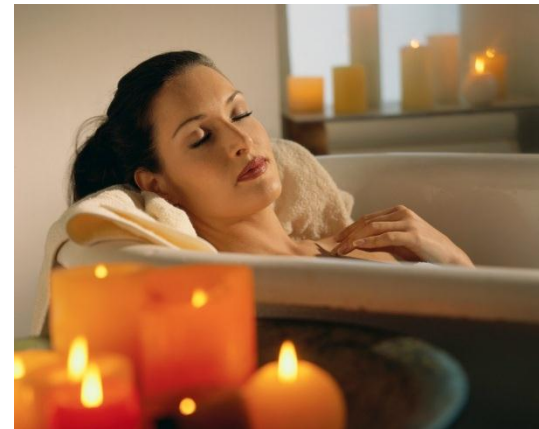
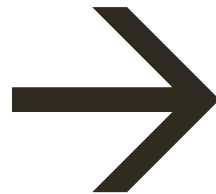
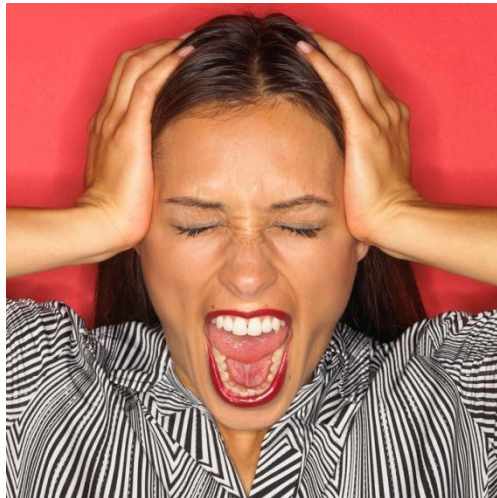
Essential Tools for Cancer Survival

Healthy Response to Stress

- Change your attitude!
- Get at least 8 hours of sleep nightly
- Rest and relax! Engage PNS, turn off SNS
- Eat a whole foods diet
- Daily exercise
- Take supplements if necessary

Stress Management

- Stress alters body's biochemical balance and can alter prognosis
- Stress hormones ↑ systemic inflammation and influence insulin balance, which are cancer promoters
- Good practices can help whatever phase you're in!



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Benefits of Stress Management

- ↑ Immune function
- ↑ Mood & emotive capacity
- ↓ Pain
- ↓ Side effects of chemo
- ↓ Anticipatory n/v
- ↓ Anxiety
- Faster recovery post op
- Normalize cortisol rhythms
- Better sleep



Supplements for Stress

- B vitamins, especially B5, B6, choline, inositol
- Theanine
- GABA
- Zinc, vitamin C
- Calcium and magnesium
- Omega 3 fatty acids
- Licorice, eleuthrococcus

Biofeedback

- Use of monitoring tools to become aware of unconscious and automatic physiological processes
- Learn to control process
- Generalize control to all areas of life
- Measure temperature, heart rate, respiration, muscle contraction, brain waves
- Proven efficacy for myriad conditions

Uses for Biofeedback

- Stress Management
- Anxiety
- Asthma
- ADHD
- Fatigue
- Hypertension
- Insomnia
- Irritable Bowel Syndrome
- Migraines
- Chronic Pain
- PMS
- Poor Muscle Control
- Raynaud's Disease
- Optimum Athletic Performance

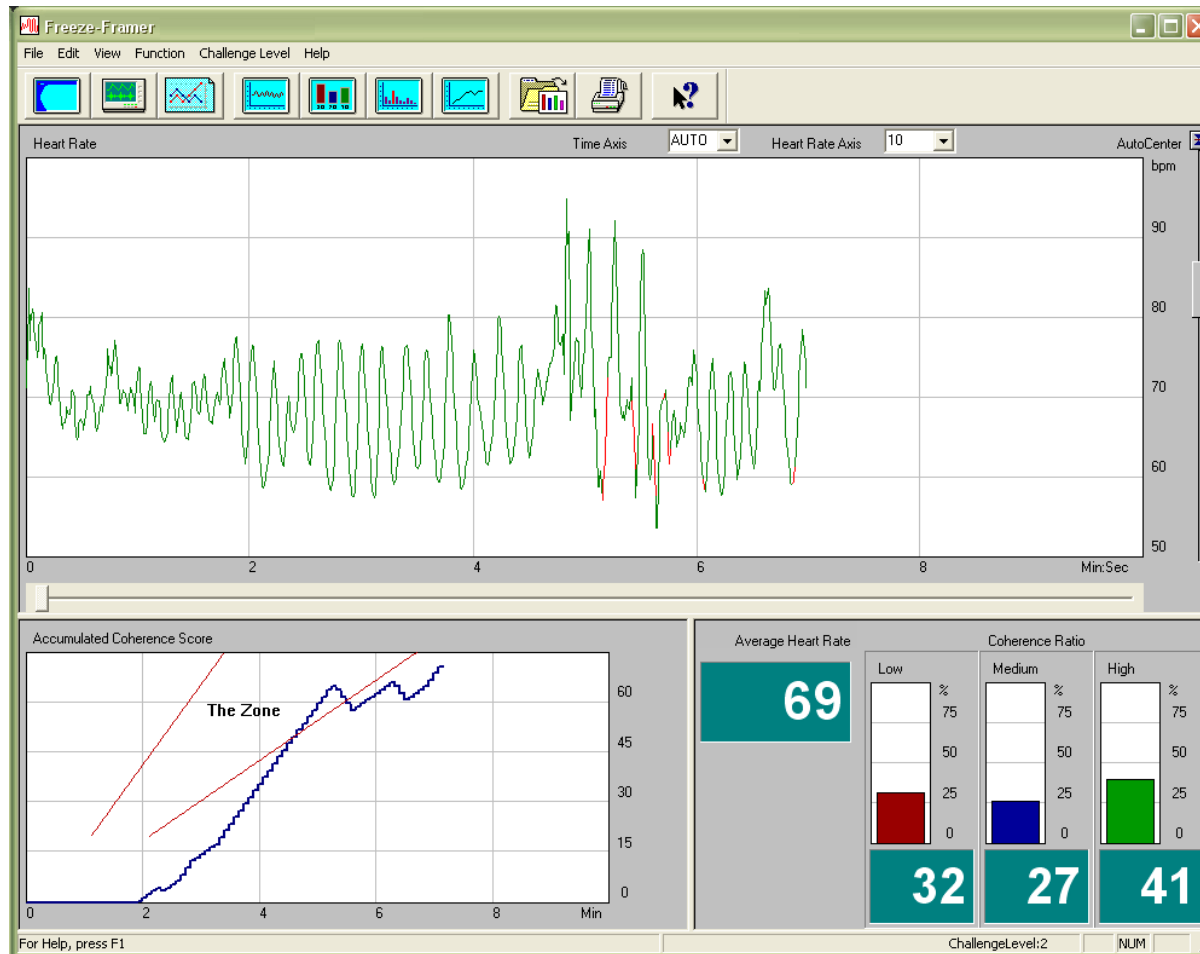
Benefits of Biofeedback

- Increased awareness of body
- Increased feeling of control over symptoms
- Improved understanding of mind-body relationship
- Reduced stress, pain, and tension
- Safe, non-invasive, effective, cost-efficient therapy

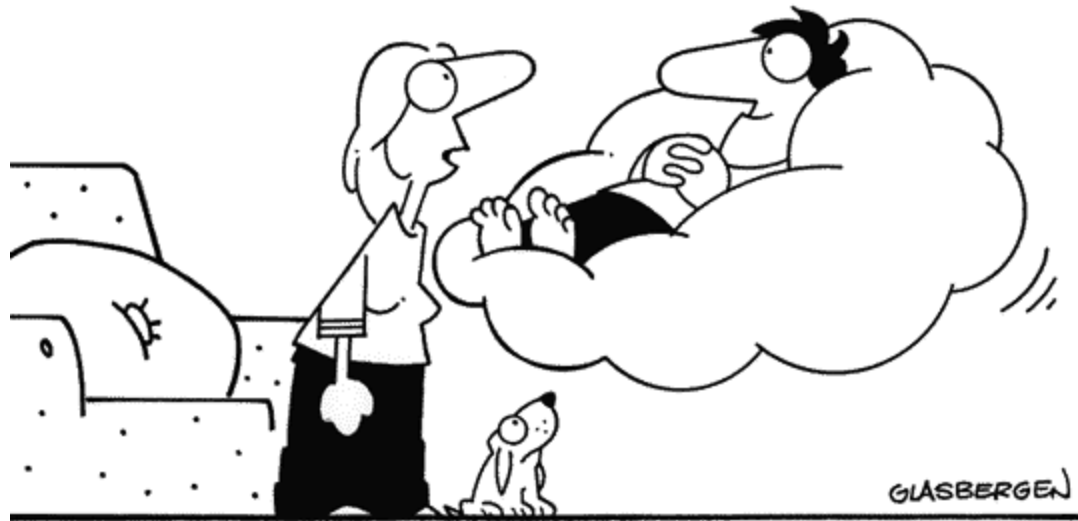
Today's Exercises

- Diaphragmatic Breathing
- Autogenics Training
- Heart Rate Variability

Heart Rate Variability



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**“You’re getting pretty good
at this stress management thing.”**

Wellness Concerns for Survivorship

- Manage late effects of treatment
- Prevent secondary recurrence of cancer
- Improve quality of life
- Nutritional and metabolic support
- Physical activity
- Quality sleep
- Stress management
- Survivorship care planning

Integrated Medicine

Treatment Goals

- Complementary cancer care
- Modulate immune system
- Stress management
- Balance neurotransmitters and hormones
- Rebuild adrenal glands
- Improve sleep
- Daily exercise
- Address depression and mood changes
- Address cardiovascular health and obesity
- Prevent Metabolic Syndrome
- Mediterranean/low GI diet
- Correct digestive problems

Thrivorship



WEBSITES

- www.mskcc.org - Memorial Sloan Kettering Cancer Center, select herbs
- www.naturaldatabase.com - Natural Medicine Comprehensive Database
- www.naturalstandard.com - Natural Standard
- www.cancer.gov - National Cancer Institute
- www.breastcancer.org - up to date breast cancer information
- www.integrativeonc.org - SIO
- www.oncanp.org – OncANP
- www.cancer.org – ACS
- www.cancercare.org – Cancer Care
- www.livestrong.org – Lance Armstrong Foundation
- www.komen.org – Susan G. Komen Foundation
- www.lbbc.org – Living Beyond Breast Cancer
- www.thewellnesscommunity.org – The Wellness Community
- www.oncolink.org – Moving Beyond Breast Cancer video
- www.her2support.org – for HER2 positive survivors
- www.nueva-vida.org – for Latinas with cancer

Q & A

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