



dr.  
LAURA  
JAMES

## About Dr. Laura James

Dr. Laura James is a board-certified naturopathic oncologist who has been working with adults with cancer for over 20 years. She has helped women and men who are recently diagnosed with cancer get through the intense steps of conventional treatment—surgery, chemotherapy, and radiation—using natural means like nutrition, herbs, gentle movement, and stress management techniques. Following treatment, Dr. James assists these patients in attaining optimum health and reducing risk of secondary recurrence of the cancer.

## Fast Facts

- Clinical focus in Breast Cancer
- ND from Bastyr University
- Bachelors from Tufts University
- Fellow of the American Board of Naturopathic Oncology
- Speaking faculty for: Fred Hutchinson Cancer Research Center, Bastyr University, Evergreen Healthcare, Team Survivor Northwest, Susan G. Komen Foundation and more.
- Developed Red Cedar Wellness Center into comprehensive integrative practice with naturopathic medicine, acupuncture, and massage therapy.
- Winner of 2015 Gralow Award for Outstanding Commitment to Team Survivor Northwest.

**Over thirty years  
of experience in  
health care field**

**Doctorate in  
Naturopathic  
Medicine**

**Board Certified  
in Naturopathic  
Oncology**



## Suggested Topics

- Breast cancer is a feminist issue
- What you can do if you are high risk for cancer
- How to build resilience for breast cancer
- How to build your integrative medical team for active treatment
- Healthy survivorship
- Grief, loss and the reality of living with cancer



## Suggested Questions

- What is Integrative Medicine for Breast Cancer?
- What does a nutrition plan look like for a woman who has been diagnosed with cancer?
- How does a woman build her care team?
- Why is breast cancer a feminist issue?
- How can a woman cope with chemotherapy using natural means?
- What are the differences among natural health providers and coaches?

**Let's get in touch**

**Inquiries: [info@laurajamesnd.com](mailto:info@laurajamesnd.com)**

Thank you for your time and consideration.

I look forward to working together!

[laurajamesnd.com](http://laurajamesnd.com)